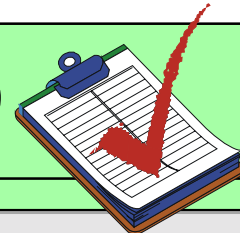


CHS CHECKUP



A publication by and for employees of the Kentucky Cabinet for Health Services

Oct. 30, 2000

NEWS BRIEFS

STATE HOLIDAYS

Mark your calendars. There will be a few state holidays in November: Nov. 7 for Presidential Election Day; Nov. 10 for Veterans Day and Nov. 23-24 for Thanksgiving.

MANSION HALLOWEEN

The Governor's Mansion will host trick-or-treaters for Halloween on Tuesday, Oct. 31, from 6-8 p.m. First Lady Judi Patton will help pass out the goodies.



TIP OF
THE
WEEK

Most runners know that running on hard surfaces can increase the risk of joint injury. But the angle of the surface may have an even bigger impact than how hard it is. The standard 10 degrees roadside tilt was designed so that water will run off the road surface. For roadside runners, this tilt puts extra strain on the knees.

When you go road running, try to balance the strain by starting out and returning on the same side of the road. Better yet, do what you can to avoid roads altogether. The best running surfaces are flat, even, and give a little—like your local high school track.

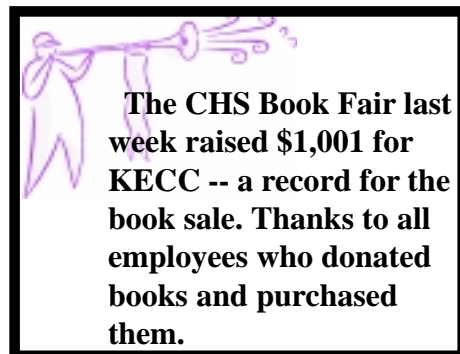
KECC Effort Picking Up Steam

The KECC effort among CHS employees is picking up steam heading into the last weeks of the campaign.

CHS has reached 51.4 percent of last year's total with \$48,623 contributed. However, that does not include \$37,271 recently collected, most of it coming from Western State Hospital.

And there is still money coming in not reflected in these totals.

KECC Coordinator Cindy Atkins said employees can still fill out forms for payroll deduction -- the easiest way to give to KECC. Call her at 564-7042 for more information.



The CHS Book Fair last week raised \$1,001 for KECC -- a record for the book sale. Thanks to all employees who donated books and purchased them.

tion.

The KECC Victory Celebration is scheduled for Nov. 14 at the Civic Center.

As of Oct. 23, the statewide KECC effort had reached 50.7 percent of its goal of \$1.4 million.



Diabetes Day Set For Nov. 17 In Frankfort

The Kentucky Diabetes Network will be hosting **Diabetes Day in Frankfort on Friday, Nov. 17.** The day begins with the **2nd Annual Diabetes Awareness Rally** on the front steps of the Capitol or in the Rotunda in case of rain.

Registration and a continental breakfast start at 9:30 a.m. The program starts at 10:30 a.m. and features Derrick Ramsey, former University of Kentucky quarterback and Superbowl champion and Dr. Frank Vinicor, Director of the Division of Diabetes Translation, Centers for Disease Control and Prevention and past President of the American Diabetes Association.

Dr. Rice Leach, Commissioner of the Kentucky Department for

Public Health, will again be presenting the Outstanding Kentucky Diabetes Coalition Award for this year.

Starting at 1 p.m. a forum featuring experts and a Diabetes Exposition will be held at the Capital City Christian Church, located on Locust Lane at Versailles Road (just south of the East/West Connector) in Frankfort. Following the panel, the gymnasium will be opened for the diabetes exposition. Free sample products and door prizes will be handed out.

If you would like to help with this event, please call Paula White at 606-864-4764 or Linda Leber at 502-564-7996.



Safety Tips For Trick-Or-Treat Fun For Children

Halloween is usually a time for fun and treats. But roughly four times as many children ages 5-14 are killed while walking on Halloween evening compared to other evenings. Falls are the leading cause of injuries among children on Halloween.

Many of these injuries can be prevented if parents properly supervise children during trick or treat activities. Here are some safety tips:

- n Go only to well-lit houses

and remain on porches rather than entering houses.

- n Travel in small groups and be accompanied by an adult.
- n Know their phone number and carry coins for emergency telephone calls.
- n Have their names and



addresses attached to their costumes.

- n Bring treats home before eating them so parents can inspect them.
- n Use costume knives and swords that are flexible, not rigid or sharp.

State police cadets will hand out candy at headquarters Tuesday night from 6-8 p.m. at 919 Versailles Road. The 74 cadets will dress in costumes .



CHS Move and Remodeling Update

The CHS moving and remodeling work marches on.

Late this week, the Purchasing and Operational Management Branch and the Medicaid Managed Care Ombudsman's office will be moving into their permanent locations on the 5th floor. POMB's mailstop will change to 5C-B and the Ombudsman will be 5C-C.

Starting Nov. 16, the Inspector General's Office, which is now located in the back of 5th Floor East, will be sealed off. To access this area, staff will have to use the east end freight elevator or the stairs. As soon as this renovation is finished, the area will be opened up to through traffic.

In the event of an emergency, OIG staff will be able to exit through the renovation area. Floor monitors

will be available to assist with evacuations through this area.

Upon completion of this phase, there will be one small area remaining on the 5th Floor to be renovated. The entire renovation is expected to be finished on Dec. 12, with all staff moved into their permanent location by Jan. 17.

All the move coordinators for the respective offices have the current move timeline. As the date for each move nears, the move coordinators will let staff know what they need to do to prepare. If the timeline is moved up, which given past history is possible, staff will be told of the revised dates.

We are now on the home stretch with regard to the renovation. Thanks for everyone's patience and understanding.



Ransdell, Former MHMR Deputy, Dies At Age 74

Burnice Ransdell, 74, a former deputy commissioner for MH/MR died Oct. 26. Ransdell began his state government career in 1952 as coordinator for the state's tuberculosis hospitals. He also served as chief administrator of the tuberculosis hospitals in Madisonville and London. He retired from MH/MR in 1987.

Contributions are suggested to the American Lung Association or Kentucky or the Markey Cancer Center.

Flu Vaccine Expected Soon

The flu vaccine scheduled for CHS employees has been delayed. However, the supplier says a shipment is expected in the next two weeks.

Because of the delays in delivery, the available vaccine has been going to nursing homes, hospitals and other priority populations.

We'll keep you posted.

